



# Planning for What Comes Next

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A practical guide to costs,  
benefits, and support



## Ways families often make it work

Most families use a combination of resources. The right mix depends on finances, care needs, and eligibility — and on what kind of support would make daily life easier.



### Personal savings and assets

Many people use savings, retirement income, or proceeds from the sale of a home to help fund senior living.

### Long-term care insurance

If you have a long-term care policy, it may help cover some care-related costs, depending on the policy and level of need.

### Life insurance

Some policies may offer options to access value while you're living. An advisor can help you understand what your policy allows.

### Bridge loans

A short-term bridge loan may help cover near-term costs while waiting for longer-term funds, such as proceeds from a home sale.

### Veterans benefits

Qualified veterans and surviving spouses may be eligible for VA pension benefits, including Aid and Attendance, which can provide added monthly payments in certain situations.

# What these programs may help with

Medicare and Medicaid can be helpful, but they do not cover everything.

## Medicare

Medicare helps cover many medical needs, but it generally does not pay for long-term custodial care at home, in the community, or in a nursing home.

### Here's a simple breakdown:

#### PART A

Helps cover inpatient hospital care, skilled nursing facility care, hospice care, and some home health care.

#### PART B

Helps cover doctor visits, outpatient care, home health care, durable medical equipment, and preventive services.

#### PART C (*Medicare Advantage*)

An alternative to Original Medicare offered by Medicare-approved private companies. These plans include Part A and Part B, and most also include prescription drug coverage.

#### PART D

Helps cover prescription drugs.

## Medigap / Medicare Supplement Insurance

Helps pay some out-of-pocket costs in Original Medicare. It is not long-term care coverage.

## Medicaid

Medicaid is the primary payer for long-term care services nationwide. Coverage varies by state and by eligibility. In some cases, it may help cover nursing facility care and home- and community-based services.

### Helpful note

Rules can change over time, so it's wise to review current options with a licensed advisor or benefits specialist.

## Benefits worth asking about

Some families are surprised to learn that certain care-related expenses may be deductible or partially offset by benefits. These are worth asking about as you weigh both the cost of care and the value of the right support.



### Medical expense deductions

If you itemize deductions, you may be able to deduct qualifying medical and dental expenses that exceed 7.5% of your adjusted gross income.



### Senior living and care-related expenses

In some situations, parts of assisted living, memory care, or nursing care costs may qualify as medical expenses. If medical care is the principal reason for being in a nursing home, meals and lodging may also count.

If not, only the medical-care portion is generally deductible.



### Veterans benefits

VA Aid and Attendance or Housebound benefits may provide added monthly payments for qualified veterans and survivors who need help with daily activities or who are housebound.

### A good next step

A tax professional, elder law attorney, or benefits advisor can help you understand what may apply in your situation, and what questions are worth asking next.

## What this move can make room for

When families think about senior living, the conversation often starts with cost.

But what matters just as much is what the right support can make possible.

LESS TIME SPENT MANAGING THE DAY-TO-DAY.

LESS PRESSURE ON ADULT CHILDREN TO COORDINATE EVERY DETAIL.

LESS UNCERTAINTY ABOUT WHAT HAPPENS IF NEEDS CHANGE.

What can follow is more ease. More rhythm. More connection. More time together that feels like time together again.

Some of what's built into community living is practical: meals, housekeeping, maintenance, transportation, and support.

Some of it is harder to measure, but just as important: familiarity, relief, daily interaction, and the return of time and energy for the people involved.

This move is not only about changing where someone lives. It can also change how life feels.

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*The numbers matter.  
So does what they  
make possible.*

”

# Understanding the levels of care

Not every person needs the same kind of support. Communities vary, but here is a simple overview of the most common care settings and how support can grow as needs change.



1

## Active Adult

Maintenance-free 55+ living with the ease of apartment-style residences, shared amenities, and opportunities to connect.

2

## Independent Living

Designed for older adults who want less responsibility and more ease in the day. This often includes dining, housekeeping, maintenance, transportation, and opportunities for connection.

3

## Assisted Living

Offers help with select day-to-day tasks while still supporting independence. Care is more personalized and can adjust as needs change.

4

## Memory Care

Provides structured, specialized support for people living with Alzheimer's disease or other forms of dementia. Care is designed to support safety, familiarity, and meaningful daily life.

# Questions that can make the process easier

You do not have to figure everything out at once. A few good questions can make the process feel more manageable.



**What is included in the monthly rate?**



**What services might be paid for separately?**



**What level of care is needed now — and what might change over time?**



**Could long-term care insurance, veterans benefits, or tax deductions help?**



**What kind of support would make daily life easier for the whole family?**



**You do not need every answer before starting the conversation. The goal is not to solve everything at once. It is simply to begin with the right questions.**

## Continuing Care Retirement Communities

These are typically large campus communities offering multiple levels of care and often require a large upfront entrance fee along with monthly fees. These entrance fees average about \$480,000 according to the National Investment Center for Senior Housing. Alternatively, Watermark offers a different approach based on a set minimum term residency agreement with options to go month to month, a much lower one-time community fee and monthly fees for rent, services and care as needed.

# A few helpful places to turn

If you are gathering information or trying to understand what may apply in your situation, these resources are a good place to start.

**Medicare.gov**

[CLICK HERE](#)

**Medicaid.gov**  
Keeping America Healthy

[CLICK HERE](#)

**VA**



**U.S. Department of Veterans Affairs**  
Office of Information and Technology

[CLICK HERE](#)



[CLICK HERE](#)





# We're here to help

**Planning for senior living is a big decision.  
You may not have every answer yet — and that's okay.**

A conversation can help you better understand your options, what may be included, and what a realistic financial plan could look like for your family. It can also help you think through what kind of support would make everyday life feel easier.

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